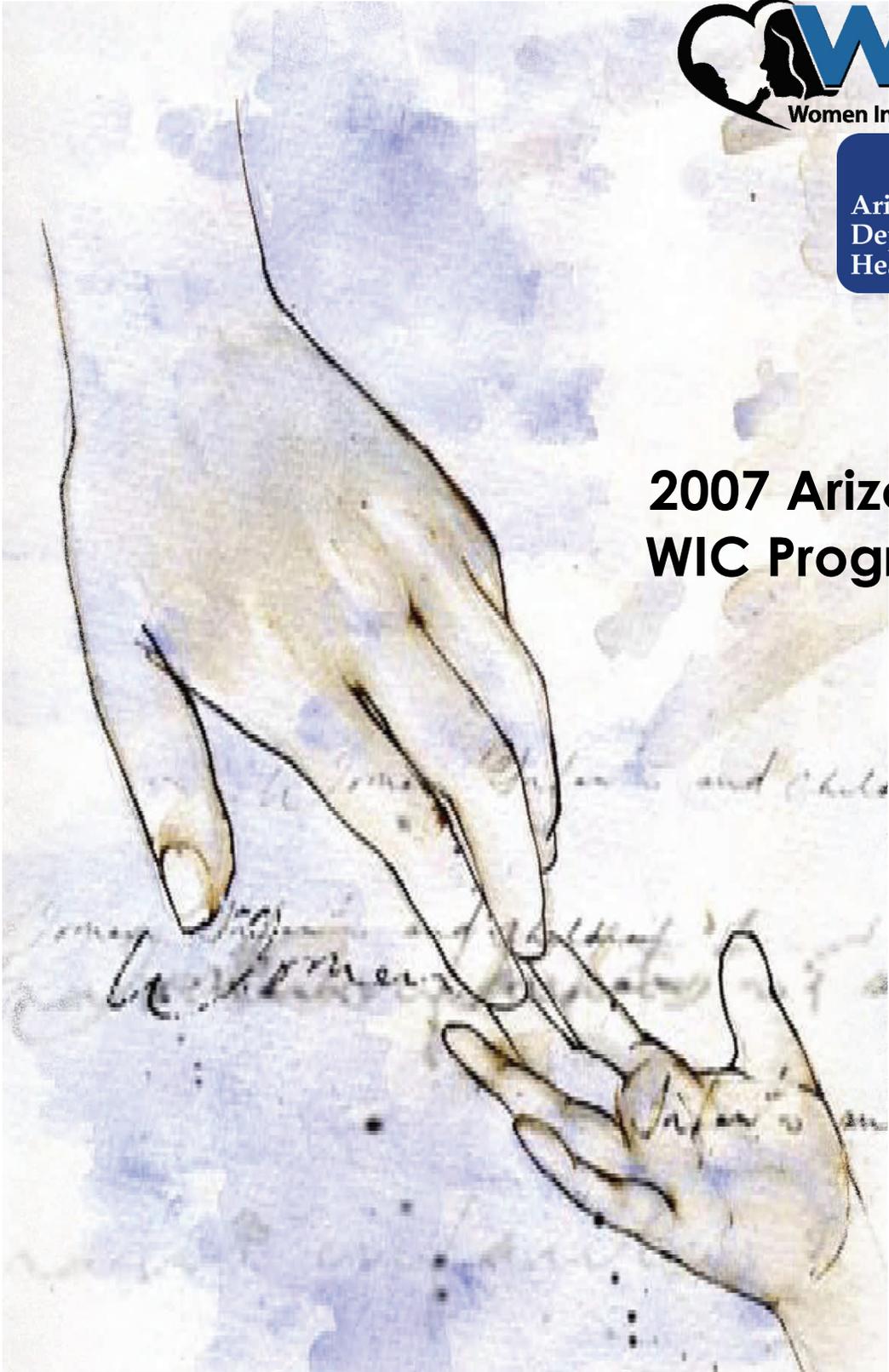




2007 Arizona WIC Program



Give your child the gift of good health.



Arizona WIC at a glance



WIC, the Special Supplemental Nutrition Program for Women, Infants and Children, is an integral part of Arizona's public health system and is designed to reach families most in need of preventative health services. Through a broad network of local partners, WIC nutrition services are provided in 14 Arizona counties at more than 120 sites.¹

Women, Infants and Children In Need

- **173,500 women, infants, and children under age 5 benefit from WIC each month**
This is the highest monthly participation in the history of the Arizona WIC Program.
- **More than 70% of families who receive WIC services have at least one wage earner in the household**
More than half of Arizona's WIC families live on wages that place them below the Federal poverty level and participate in one or more of the following programs: AHCCCS, Food Stamps, Section 8 Housing, and/or TANF.
- **60% of all infants born in Arizona are served by WIC**

Breastfeeding Support

- **Top 10 in the nation for breastfeeding²**
67% of women enrolled in the Arizona WIC Program initiate breastfeeding; this is a rate that is much higher than the national average of 53%.
- **6,250 Breastpumps for WIC moms**
In 2007, the Arizona WIC Program was able to provide 6,250 WIC moms with breastpumps to continue to breastfeed upon return to work or school.

Strengthen Arizona's Economies

- **Over \$112 million in grocery sales**
Families use WIC checks to buy healthy food at more than 600 grocery stores and pharmacies statewide. Every month, WIC participants buy over 340,000 gallons of milk, 240,000 dozen eggs, and 140,000 pounds of cheese with their WIC checks.
- **\$148,950 in sales to local farmers**
Over 14,000 WIC participants are eating locally grown fresh fruits and vegetables from over 31 farmers' markets supplied by 126 farmers statewide.



Arizona Families Need WIC

WIC is a public health program which acts as an adjunct to other health care services through health and nutrition screenings, prescribed food packages, health and nutrition education, and referrals to community resources.



Arizona is 35th among states in the percentage of children who are poor. A child is born into poverty every 33 minutes in Arizona.³

- One in 3 children under the age of 5 receive WIC services.

Arizona is 5th among states in babies born to mothers lacking early prenatal care.³

- National studies indicate that WIC moms are more likely to receive prenatal care than non-WIC moms with similar backgrounds.



Arizona has the 5th highest teen pregnancy rate in the nation.⁴

- One in every 10 pregnant participants in the Arizona WIC program is a high-risk mother under the age of 18. WIC helps these young moms get connected to the medical services they need for themselves and their baby.

Arizona is 17th among states in the percent of babies born low birth weight (weighing 5.5 pounds or less at birth).³

- National studies indicate that women who participate in WIC reduce the rate of very low birth weight babies (weighing 3.5 pounds or less at birth) by nearly half.
- It is estimated that providing WIC services to a pregnant mother results in an increase of 6.6 ounces at birth.



A child is born into poverty in Arizona every 33 minutes.



WIC Makes a Difference



WIC has proven its effectiveness as a successful public health nutrition program. Through its cost-effective, science-based approach, integrative service delivery methods, and linkages between programs and health providers, WIC makes the difference.

WIC Birth Outcomes Success:^{5,6}

- Encouragement of prenatal care earlier in pregnancy.
- Fewer premature births and preventable lifelong health problems.
- Reduction in the number of low birth weight and very low birth weight infants born each year.
- Reduction in the number of fetal and infant deaths.

WIC Breastfeeding Success:

- Promotion of breastfeeding as the preferred method of infant feeding.

Breastfeeding means lower medical costs

Breast milk contains antibodies that protect the breastfed infant against infection. Breastfed infants have fewer symptoms and shorter illnesses resulting in less frequent doctor's visits, hospitalizations, and prescriptions. Moms also benefit from breastfeeding by reducing their risk for osteoporosis and several types of reproductive cancers.

WIC Children's Health Success:

- Prevention of childhood anemia.
- Increased immunization rates.
- Improvement in cognitive development and early learning.
- Improved physical development.
- Better eating habits for a lifetime.



For more information visit <http://www.azwic.gov/> or call 1-800-2525-WIC

1. The residents of La Paz county are served by Inter Tribal Council of Arizona WIC Program.

2. "Mothers Survey, Ross Products Division, and Abbott Laboratories." 2006—Abbott Laboratories. Publication NO., 92-18.

3. "Children in Arizona." Children's Defense Fund. Available at http://www.childrendefense.org/site/DocServer/CITS06_az.pdf?docID=5262

4. Martin J., Hamilton B., Sutton P., Ventura S., Kirmeyer S., and Munson M. "Birth Data: Final Report for 2005." National Vital Statistics Report. December 5, 2007. 56 (6).

5. Kowaleski-Jones L, Duncan G. "Effects of Participation in the WIC Program on Birthweight: Evidence from the National Longitudinal Survey or Youth." American Journal of Public Health. 2002. 92 (5), 799-804.

6. "Early Intervention: Federal Investments Like WIC Can Produce Savings." Washington DC:US General Accounting Office; 1992. GAO/HRD Publication NO., 92-18.

